

Crew Rest

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:30		BREAKFAST
07:30		RENAL STONE: pill ingestion
08:00–11:00		Weekly station cleanup
11:00–11:45	CDR	Transfer of Biotechnology Refrigerator (BTR) from Rack 1 to Rack 4
11:00–12:30	FE-1	Physical exercise (TVIS+RED day 2)
11:30–12:30	PLT	Physical exercise (cycle-2)
12:30–13:30		LUNCH
13:30–14:00		Daily planning conference
14:00–14:25	FE-1	Daily status check of US payloads
14:00–14:30	PLT	Maintenance of ? ? ?
15:00–16:30	CDR	Fitness evaluation
15:40–16:10	PLT	Fitness evaluation (assist)
16:15–16:30	PLT	Private psychological support conference
16:30–18:00	PLT	Physical exercise (RED+TVIS day 2)
16:50–17:50	FE-1	Physical exercise (cycle-2)
17:00–18:00	CDR	Physical exercise (RED)
17:50–18:05	FE-1	Private psychological support conference
18:00–19:30	CDR	Physical exercise (TVIS)
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Personal hygiene (pre-sleep)
21:30–06:00		SLEEP

NOTE: see OSTP for references to US activities

End of radiogram